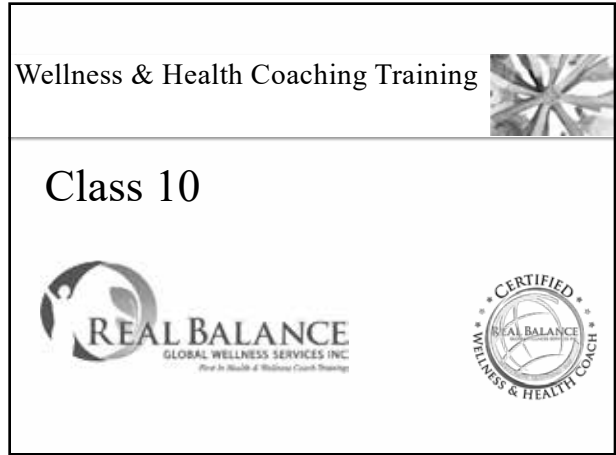




1




2

**The Wellness Coaching 360°™ Methodology (Process)**

A Five Stage Process

1. Assessment and Exploration
2. Personal Wellness Map or Plan
3. Accountability & Support
4. Ongoing Evaluation
5. Clear Measurable Outcomes



3


**2. Co-creating The Wellness Map**

- Our **Well Life Vision** is our Destination
- The Map (our **Wellness Plan**) is our route to get there.



4

**Craft a Well Life Vision Statement**



Fits your true values  
 Who you want to be  
 Realistic and attainable  
 Meaning & Motivation  
 Your Best Life Possible

5

The Well Life Vision- help your client go from a list of what they'd like to see, to creating an image like a scene in a movie.




6

**A Great Goal**  
Running a 5 or 10 K Race




**A Well-Life Vision**  
Being healthy enough to hike with her children



7

### The Well Life Vision Tool

- May be helpful when the client struggles with imagery or the concept.
- A way to put it into a succinct statement.
- Use the Well Life Vision Tool.
- Create a vision board.



8

### What Has To Change? Attitude, Beliefs And Behaviors


**Coaching to the Gap**  
Where I am now -> (Current health status) -----> Where I want to be (Well Life Vision)



What has to change in my life for me to bridge the gap -to attain my Well Life Vision?  
What has to change in your life (and you are ready to change) becomes the areas you focus on.

9

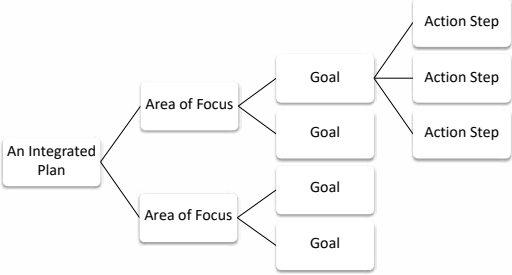
### THE MAPPING PROCESS



There may be more than one area of focus that we want to work on and each of these may have one or more goals. For each goal there will be a number of actions that can be used to reach that particular goal.


10

### The Mapping Process



11

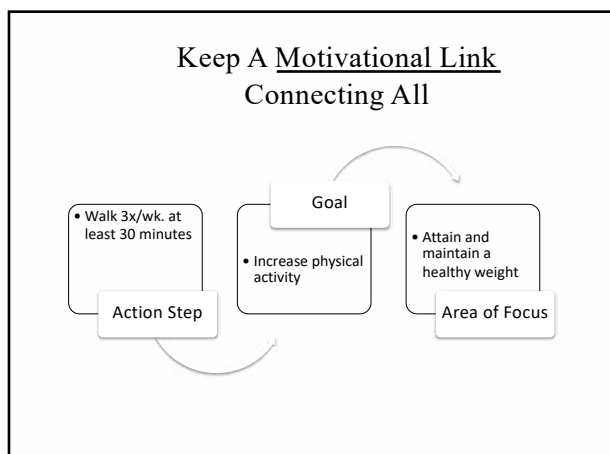
### The Mapping Process



When developing Areas of Focus:

- Identify areas of the client's life they want to improve
- Assess Readiness for Change for each Area of Focus
- For Areas in Preparation or Action or Maintenance identify Goals and Action Steps
- For areas in Precontemplation or Contemplation continue with the Coaching Conversation

12




13

**Areas Of Focus: Starting the Mapping Process.**

FACTOR IN:

- Vision/Dreams
- Values & True Priorities
- Readiness for change
- All assessment/exploration
- “Lifestyle Prescription”



14

**For Each Area Of Focus**

---

1. Desires - *What do you want?*
2. Current Location - *Where are you at?*
3. Destination – (Goals) *Where do you want to get to?*
4. Committed Course – (Action Steps) *What are you, the client, making a commitment to do?*

15


**For Each Area Of Focus**

---

5. Challenges - *What are you up against?*
6. Strategies To Meet The Challenges - *What are some ways to overcome the hurdles that are blocking you presently?*
7. Sources of Support - *Who can go on this journey with you, to help you out?*

16


**Working With The Wellness Map Or Plan**



1. Customize! Fit the needs of your particular client.
2. Use a simpler tool if needed.
3. Adjust the course along the way.
4. Use the map as your compass to continually navigate by.
5. Celebrate your arrival!

17

**Wellness Mapping Tools**



- Well Life Vision Tool
- Well Life Focus Tool (Optional)
- Wellness Map Tool
- Weekly Tracker & Review Tool

18

### Co-Creating a Wellness Plan



In the Next Two Slides

- Identify Opportunities and Challenges
- Identify possible Areas of Focus for each client
- Identify their Stage of Readiness
- Discuss how you will coach each client around their Area of Focus and Stage of Readiness

19

### A Health Coaching Case Example: “Ken Black”



20

### A Health Coaching Case Example: “A Reason To Be” – “Bill”



21

### Co-Creating The Wellness Map

Watch the video demo located in the “Coach Center” in the Resources section of our website:

[www.realbalance.com](http://www.realbalance.com)



22